

Notes Ps 16 V.5

*The Lord is my chosen portion and my cup;
you hold my lot.*

Exercise one: Listen to “*Come thou Fount*” on the internet and meditate on it especially this verse. Then use it as a time of recommitment to the Lord
<https://www.youtube.com/watch?v=NjfToqk5w5g>

Exercise Two Read Romans 5:3-5 - Then write a prayer combining the situation you face with those scriptures and the idea that God is in control - even if it doesn't turn out the way you want.

Write some personal reflections on what it means....

...for God to be your portion

...for God to be your cup

...for God to hold your lot